

For Office Use

Loc:

Dx:

IV MAC



PM

For Colonoscopies scheduled
at 1pm or later

Colonoscopy Preparation Instructions

Anticoagulants (Blood Thinners)

Unless your doctor has advised you otherwise, stop taking any blood thinning medications as follows:

7 days before: Effient

5 days before: Plavix, Brilinta, and Coumadin

2 days before: Pradaxa, Xarelto, Eliquis, Savaysa

Three Days Before The Procedure

Start a LOW FIBER DIET. Avoid leafy vegetables, seeds, and nuts.

The Day Before The Procedure

1. Do NOT eat any solid food after NOON
2. After that, limit intake to CLEAR liquids
3. Mix the prep solution according to the instructions included with the packaging and put it in the refrigerator to allow it to chill overnight. Do NOT start drinking the prep solution on the day before the procedure.
4. You are encouraged to drink plenty of water and other clear fluids on the day before your procedure

The Day Of The Procedure

1. Starting between 4:00 and 5:00 am, begin consuming the bowel prep solution.
2. You should drink about 8 ounces every 15 minutes until you have consumed the entire amount of the solution.
3. **You should have completed the entire amount by 9:00 am**
4. DO take essential medications, especially blood pressure medications, with a small sip of water 4 hours before your scheduled procedure.
5. **Nothing at all by mouth after 9:00 am.**
6. Arrive at the facility no later than ONE hour prior to your scheduled procedure.
7. **You MUST arrange transportation home. You cannot drive or take a taxi/public transportation.**

Your colonoscopy is scheduled on:

Date: _____

Time: _____

Facility: _____

**Questions about your prep?
Call us at (808) 440-6789**

Clear liquids include:

1. Water
2. Gelatin (avoid red)
3. Crystal Light™
4. Gatorade™
5. Black coffee or tea, but do not add milk or cream
6. Sprite™
7. Broth

AVOID the following during the prep:

1. Milk
2. Orange Juice
3. Coffee or tea with cream or milk
4. Soup
5. Alcohol
6. Solid food

Other/Misc Instructions:

Tips For Drinking The Prep Solution:

1. If you become nauseated, take a 30 minute break from drinking the prep, then resume once the nausea subsides.
2. Drinking the prep chilled or over ice can help you tolerate it better. Using a drinking straw can be helpful as well.
3. If your prep did not come with a flavor pack, you can mix it with Crystal Light™ or Gatorade™.